

Staying young at heart

DANA FRAZAO
HIGH SCHOOL SENIOR

Some people believe that retirement is a time to slow down in life, to take time to relax with a good book or start a garden. This is not the case for Ronald Sanguinet, who feels being active in his retirement is keeping him young.

Sanguinet states, "You should keep active, the moment you stop being active, you start to go downhill."

Sanguinet, who has been retired for three years now, is actively involved with his community.

"Everybody should give something back to his or her community."

Ron Sanguinet

Being a resident of Shrewsbury all his life, Sanguinet believes that staying involved with organizations, such as the Shrewsbury High School Alumni Association, is his way of giving back to the community. A community where he and his wife Brenda, of 38 years, raised their daughters Jean and Mary.

He is actively involved with St. Mary's Church, the Donahue Rowing Center, the Bishops Council, the Paton School Council and the Superintendent's Council.

Sanguinet graduated from Shrewsbury High School, formally known as Beal High, in 1955. He is in his second year as president of the Shrewsbury High School Alumni Association.

The main goal of the Shrewsbury High Alumni Association is to provide grants to Shrewsbury High School clubs and organizations. This association also provides web site services that can aid students and teachers in finding scholarship and grant information.

The members of the association also provide information regarding alumni class reunions.

Sanguinet is also a member of the Donahue Rowing Center Building Committee. The Donahue Rowing

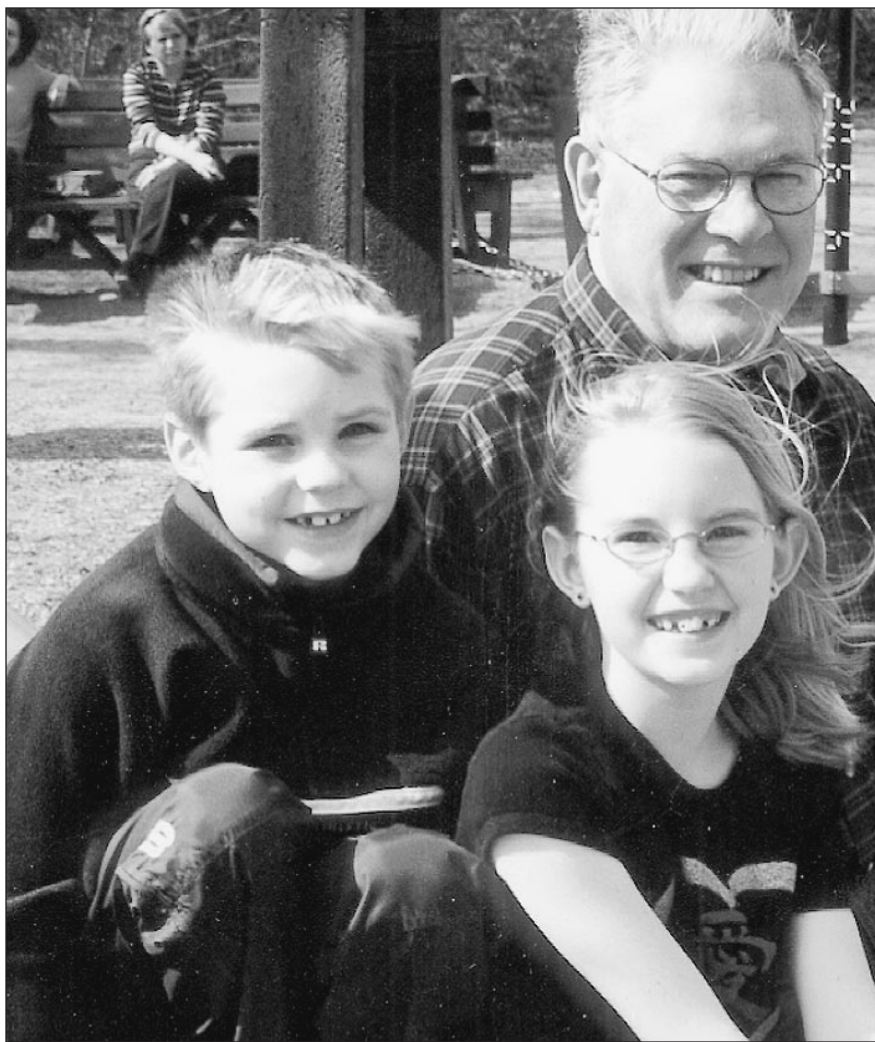


PHOTO BY DAWNA ALPHONSE

Ron Sanguinet and grandchildren Josh and Holly take time out from playing at the Paton School playground.

Center was constructed in 1922 with the aid of grants and private funding which amounts to over \$1.1 million. The rowing center currently provides recreational use for five high school and college crew programs as well as independent rowers.

Sanguinet, who has been a member of the St. Mary Parish for twenty-six years, also holds a position as co-chairman of the Bishop's Fund. The Bishop's Fund holds fundraisers to collect money of charitable services as well as pastoral ministry for the Worcester Diocese. He also organizes speakers and readers during the services. Mr. Sanguinet was always actively involved within his church community even before his retirement.

Sanguinet is also a member of the Paton School Council. He has three grandchildren who attend Paton School. Holly is in the fourth grade and Josh in third. Three year old Emily will soon join them as part of the Paton School family.

Sanguinet's title on the school council is Community Representative. He works side by side with other school council members as well as teachers and parents.

Sanguinet states that, "Everybody should give something back to his or her community." He also believes that students should enjoy their time in school, "It is their foundation of life: they should also consider continuing their education after high school."

Grants awarded by Shrewsbury High School Alumni Association

The Shrewsbury High School Alumni Association is proud to announce the awarding of 15 grants to student groups, clubs and classes at Shrewsbury High School. These grants are made possible through generous donations, memberships and community fundraising events.

The grants promote educational, social and community projects. To date, the Shrewsbury High School Alumni Association has funded over 45 grants since 1996 benefiting over 5,000 students.

This years grants were awarded to the following:

Art History Books
Black History Month Essay Contest
Career Center Resources
Career Library Resources
Connecting Learning in the classroom
Excelsior Magazine
Jobs' for Bay State Graduates.
National Art Honor Society
Project Adventure Rock Wall Class
SHS Boy's LaCrosse Team
SHS Dance Team
SHS Girls LaCrosse Team
SHS National Forensic League
(NFL)-Speech & Debate Team
SHS Ski Team
Water under Fire Program

Donations are accepted by the association and can be made by contacting any member of the Shrewsbury Alumni Association or through their web site www.shrewsburyalumni.org.

'Take it outside' campaign

NANCY ALLEN
DIRECTOR OF THE BOARD OF HEALTH

This (MTCP) Massachusetts Tobacco Control Program initiative began last spring with collaboration between MTCP, local fire departments and youth groups partnering together to convey the following messages:

- Smoking is the *leading* cause of residential fire deaths.
- By smoking outside you are making it safer inside, particularly for children, because of second-hand smoke. Second-hand smoke is the 3rd leading cause of preventable death in our nation. It is also associated with many other respiratory illnesses.
- For people thinking about quitting, resources are available through your local tobacco control program at 508-898-1901.

This spring, the second phase of the project will take place in May through June.

Several of the public school health classes have incorporated this health theme into their programs.

Look for Smoke-Free Home decals in your community to support this important initiative. The decals can be found at your local fire departments, libraries and the Board of Health Department. By affixing a decal to your home door or window, you are conveying support for a smoke free home. Your family and friends will love you for it!

This unique outreach campaign provides community education about the dangers of environmental tobacco smoke and health risks associated with smoking.

Remember to take it outside. Protect your family and save lives.

Building the Future



PHOTO BY DAWNA ALPHONSE

Coghlin Electrical Contractors has provided an internship for students interested in civil/electrical engineering, and construction. While meeting at the new high school site for the last year and a half, students have had hands on experience with the financial and budgeting aspects of building. Jay Costa, their career counselor, pointed out that the students have also witnessed town meeting debates and what it takes to build a new school. Front row: Matt McCarthy, Greg Gicas, Matt Naples, Ryan Bigda and Carolyn Humber. Back row: Bryan Anderson, Ryan Bennett, Matt Johnson, Chris Lynch and Mike Mahoney.